

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

## Health Promotion is Newsworthy . . .

### Data show shift from infectious diseases to chronic diseases as top killers.

In general, medicine is said to be shifting away from infectious diseases and towards “prevention and management of chronic diseases.” Susan E. Skochelak, the AMA’s vice president for medical education, said one of her colleagues put it this way: “If the 20th century was about adding years to life, the 21st will be about adding life to years.” AMA president Ardis D. Hoven said that “the association’s key projects include prevention of diabetes and cardiovascular disease” as well as “overhauling medical education to meet 21st-century needs.”

## Pre-diabetes and Diabetes News . . .

### Just Released on 6/10: CDC’s National Diabetes Statistics Report, 2014

The Report presents the most current information on diabetes and prediabetes in the U.S. among people all ages and ethnicities. Help promote the Report by sharing this information with your colleagues and any other individuals and organizations who may be interested in these important statistics. Highlights include:

- More than 29 million people in the U.S. have diabetes, up from the previous estimate of 26 million in 2010. One in 4 people with diabetes doesn’t know he or she has it. Another 86 million adults – more than one in three adults – have prediabetes. Without weight loss and moderate physical activity, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years.
- 1.7 million people aged 20 years or older were newly diagnosed with diabetes in 2012. Non-Hispanic black, Hispanic, and American Indian/Alaska Native adults are about twice as likely to have diagnosed diabetes as non-Hispanic white adults. 208,000 people younger than 20 years have been diagnosed with diabetes (type 1 or type 2).
- The percentage of U.S. adults with prediabetes is similar for non-Hispanic whites (35 percent), non-Hispanic blacks (39 percent), and Hispanics (38 percent).

### New Website, [haltdiabetes.org](http://haltdiabetes.org), Announced; Check it out!

The National Association of Chronic Disease Directors (NACDD) is pleased to announce the launch of a new website, [haltdiabetes.org](http://haltdiabetes.org). This new site has tools, resources, and information to assist state health department staff and their partners with preventing type 2 diabetes. The site is designed to support the CDC-led National Diabetes Prevention Program and many of the tools and resources focus on promoting the National Diabetes Prevention Program to various audiences (for example, communities, health care providers, diabetes educators, and employers). The site features the project successes from the NACDD State Diabetes Prevention Project (2013-2014) and includes an interactive map to view resources from the eight states that participated in this project. The goal of this project was to engage eight state health departments in statewide or regional efforts to promote increased use of the National Diabetes Prevention Program’s evidence-based lifestyle change program. The site provides an overview of health insurance coverage for the National Diabetes Prevention Program for many payers such as state employee health insurance, Medicaid, and Medicare.

## What’s new about Chronic Disease Self-Management ?

### Living a Healthy Life with Chronic Conditions

A major part of becoming a self-manager is knowing when and how to find help. Finding resources for help can be a little like a treasure hunt. Chronic Disease Self-management Program (CDSMP) workshops can assist your patients in finding resources to become better self-managers. A good self-manager increases his/her potential for living a healthy life with a chronic illness. Potential resources for information and solutions include family and friends, organizations and referral services, the Internet and social networking sites, and Internet discussion groups.

Support chronic disease education



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## Million Hearts™ Initiative Update

### Million Hearts: Prevalence of Leading Cardiovascular Disease Risk Factors — United States, 2005–2012

Although trends in some measures are encouraging, further reductions of CVD risk factors will be needed to meet Million Hearts goals by 2017. In 2009–2010, prevalence of recommended aspirin use was greater among men (58.5%) than women (48.0%). The prevalence of blood pressure control in 2011–2012 was greater among women (54.6%) than men (48.9%). Mean daily sodium intake was greater among men (4,225 mg) than among women (2,976 mg). In 2011–2012, current tobacco product smoking was greater among men (30.3%) than women (20.4%).

## The latest on the ABCS...

### A1c

#### Improve Diabetes Practice Quality

The National Diabetes Education Program (NDEP) has resources available about transforming a practice into a patient-centered medical home (PCMH). It provides practical information about the use in clinical settings of rapid cycle improvements that involve small-scale local tests of change in physician offices or health care organizations. This section also will help users identify evaluation needs related to improving the delivery of diabetes services and how to implement evaluation measurements. A number of resources address how a practice could incorporate diabetes recognition programs, other professional services, and physician accreditation.



### Aspirin Use

#### Cherokee Nation Health Services, Million Hearts® Partner, Supports Appropriate Aspirin Use

Cherokee Nation Health Services is an integrated tribal health system that provides care at eight ambulatory health centers and one hospital in northeast Oklahoma, for over 300,000 Native American/Alaska Native individuals. Cherokee Nation Health Services is committed to supporting Million Hearts® through the following activities:

- Use of clinical decision supports integrated into EHRs to flag providers when a patient could benefit from taking aspirin. This reminds providers to have a conversation with the patient to discuss the importance of appropriate aspirin use to reduce the risk of heart attacks and strokes.
- Provide patients with access to a pharmacist led anti-coagulation clinic, where clinical pharmacists manage patient's labs and anti-coagulation medications to prevent heart attacks and strokes. This team-based care approach allows everyone to work at the top level of their licensure and frees up providers' time to provide quality care.

## Blood Pressure Control and Management

#### Team-Based Care and Improved Blood Pressure Control

A new systematic review that was supplemented with a Community Guide update. Results from both bodies of evidence suggest that team-based care, a key Million Hearts® pillar, is effective in improving BP outcomes, with both systolic and diastolic reductions, especially when pharmacists and nurses were part of the team. Findings are applicable to a range of settings; implementation will require health system-level organizational changes and could be an important element of the medical home.

#### Community program helps lower blood pressure among minorities

A community-based program helped minorities significantly lower their blood pressure, researchers report after evaluating the American Heart Association's **Check. Change. Control.** program in 18 urban, predominately African-American communities with a high rate of high blood pressure. Those who checked their blood pressure more often benefited the most.

#### 'Virtual human' shows that stiff arteries can explain cause of high blood pressure

High blood pressure is highly age-related and affects more than one billion people worldwide. But doctors can't fully explain the cause of 90 percent of all cases. A computer model of a 'virtual human' suggests that stiff arteries alone are enough to cause high blood pressure.

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## Cholesterol Control and Management



### Statin users may be less physically active

The NPR (6/10, Shute) "Shots" blog reports that research published in JAMA Internal Medicine suggests that individuals who take statins may be "less active than those not taking the cholesterol-lowering" medications. Researchers followed more than 3,000 "older men, about half of whom were taking statin drugs at some point over seven years."

### Higher levels of statins linked to diabetes

People with heart problems who were started on cholesterol-lowering statins were more likely to develop diabetes if they were prescribed stronger versions of the drugs, a new study finds.

"This is not about stopping statins," lead author Colin R. Dormuth, from the University of British Columbia in Vancouver, told Reuters Health. "These patients should be on a statin, the question is, should they be on a higher or a lower dose?"

### NIH study links high cholesterol levels to lower fertility

High cholesterol levels may impair fertility in couples trying to achieve a pregnancy, according to a study by researchers at the National Institutes of Health, the University at Buffalo (New York), and Emory University in Atlanta. Couples with highest cholesterol took longest to achieve pregnancy.

## Smoking Cessation



### Text messaging program helps smokers fight the urge to light up

More than 11 percent of smokers who used a text-messaging program to help them quit did so and remained smoke free at the end of a six-month study as compared to just 5 percent of controls, according to a new report. "Text messages seem to give smokers the constant reminders they need to stay focused on quitting," says the lead author.

## Plan Clinic Awareness Activities for Upcoming Health Observations:



**Fireworks Safety Month**  
[www.preventblindness.org](http://www.preventblindness.org)

**July 16-19: Nurses in Development Week**  
[www.nnsdo.org](http://www.nnsdo.org)



**August 10-16: Health Center Week**  
[www.healthcenterweek.org](http://www.healthcenterweek.org)

## Team-Based Care

### Practice News: How team-based approach is improving patient care

Care quality, access and costs all have improved under a new approach to delivering care at the Scott and White health system in Texas, according to the chairman of the group's board of directors, who spoke to physicians Friday at the 2014 AMA Annual Meeting. Read more in *AMA Wire*.

## Training for Providers:

### Using EHRs to meet Meaningful Use and Million Hearts goals

Learn about team based care, using EHR data to improve care and setting up a clinic system that prevents errors.

The speaker, Chris Tashjian, MD, FAAFP, discusses combining team based care and technology to improve quality and transform healthcare to improve blood pressure control. Dr. Tashjian discusses how to use basic EHR functionality to meet Meaningful Use and Million Hearts goals from within the patient visit. The data from the EHR was used to improve hypertension control among his clinic's patients from 73% to 97% over four years!

Along with low- and high-tech methods, it takes teamwork to make a difference and to engage patients in their care.

View the recorded program (From Telligen QIO Update-5/27/14)

### Did you miss the 5/5/14 webinar, "Integration of Clinical Pharmacists into the Medical Home: Measuring Clinical Impact"?

Click here to download slides and watch the recording!

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## EHR Adoption, Implementation and Meaningful Use

### Proposed rule improves meaningful use but doesn't go far enough

A newly proposed rule offers greater flexibility for the meaningful use Medicare and Medicaid electronic health record (EHR) incentive program that could make it easier for physicians to participate, but it won't be enough to let many physicians successfully demonstrate meaningful use.

### Clinics, hospitals increasingly use scribes to assist physicians in exam rooms

The growing trend of using "scribes" to "accompany physicians in exam rooms" in medical clinics and hospitals in Minnesota. Advocates claim that scribes "help document what happens during a patient's visit" and "help physicians complete documentation chores afterward." Some physicians and patients have embraced the practice, but "not everyone is a believer." Opponents claim the practice may increase pressure on physicians "to see more patients in order to cover the cost of a scribe."

### Use and Characteristics of Electronic Health Record Systems Among Office-Based Physician Practices: US, 2001-2013

This report describes trends in the adoption of EHR systems from 2001 through 2013, as well as physicians' intent to participate in the EHR Incentive Programs and their readiness to meet 14 of the Stage 2 Core Set objectives for meaningful use in 2013.

### More patients gaining direct online access to physician notes

On the front of its Personal Journal section the Wall Street Journal (6/10) reports in "The Informed Patient" that many healthcare professionals and large-scale medical systems are allowing patients direct access online to physician notes. This access allows patients to correct mistakes, amend records and add vital information.

## New Resources for Healthcare Providers

### Federal Grant Writing Manual

Technical Assistance and Services Center (TASC), a program of the National Rural Health Resource Center, has developed a manual to help grant applicants write federal grant proposals. It includes basic information on how to evaluate if an applicant is qualified to apply for a federal grant. The manual also focuses on the different components of a grant application: goals and objectives, budget, work plan, project sustainability and how to evaluate the proposed project.

### National Institutes of Medicine (NIH) MedlinePlus Guide to Healthy Web Surfing

The MedlinePlus Guide to Healthy Web Surfing describes what to look for when evaluating the quality of health information on Web sites. This is an excellent resource for your patients who may be web surfing.

### CDC Science-in-Brief on Self-Measured Blood Pressure Monitoring

The monthly Science-in-Briefs were designed to provide current and resourceful translational research from one recently published journal article.

**2013 Prevention Status Reports (PSRs)**, which came out in January 2014, may help clinicians better understand public health problems and potential solutions to these problems, as well as how their states rate in implementing policies and practices to address these problems. Additional reports are now available on the PSR website:

- The 2013 PSRs—National Summary provides the percentage of states in each rating category per policy or practice.
- The new state page provides for each state and the District of Columbia:
  - A summary of the state's PSR ratings by health topic and indicator
  - The state's full individual reports on each of the 10 health topics

The PSRs highlight policies and practices status designed to address 10 important health topics, including Heart Disease.

## The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership



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